





### **USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

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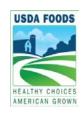
(last updated, 03-26-12)

# 100334 - TOMATO SAUCE, LOW-SODIUM, CANNED, #10

# **Nutrition Information**

		Tomato sauce, lo	w sodium	
CATEGORY	Vegetables/Fruits		4.4	4.4
PRODUCT	U.S. Grade A tomato sauce; may be more than lightly seasoned by added		¼ cup (61 g)	½ cup (122 g)
DESCRIPTION	salt and spices and to which may be added one or more nutritional	Calories	18	36
	sweetening ingredients, vinegar, onions, garlic, or other vegetable flavoring	Protein	.81 g	1.62 g
	ingredients. This is a low-sodium food (140 milligrams of sodium or less	Carbohydrate	4.08 g	8.16 g
	per serving).	Dietary Fiber	.9 g	1.8 g
DACK (VIELD	C/#10	Sugars	2.59 g	5.18 g
PACK/YIELD	• 6/#10 cans per case.	Total Fat	.11 g	.22 g
	• One #10 can AP yields about 106 oz (12 <sup>2</sup> / <sub>3</sub> cups) tomato sauce and provides	Saturated Fat	0 g	0 g
	about 50.7 ¼-cup servings vegetable.	<i>Trans</i> Fat	0 g	0 g
	• CN Crediting: ¼ cup tomato sauce provides ¼ cup vegetable.	Cholesterol	0 mg	0 mg
	erv creating. 74 cup tomato sauce provides 74 cup vegetable.	Iron	0.72 mg	1.24 mg
STORAGE	• Store unopened canned tomato sauce in a cool, dry place. Never store canned	Calcium	8 mg	16 mg
	goods in a damp storage area or any place exposed to high or low temperature	Sodium	70 mg	140 mg
	extremes.	Magnesium	0 mg	0 mg
	• Store appeal connect tomate cause covered and labeled in a dated nonmatallic	Potassium	0 mg	0 mg
	• Store opened canned tomato sauce covered and labeled in a dated nonmetallic container under refrigeration.	Vitamin A	265 IU	530 IU
		Vitamin A	13 RAE	27 RAE
	• Use First-In-First-Out (FIFO) storage practices to ensure use of older product	Vitamin C	4.3 mg	8.6 mg
	first.	Vitamin E	.87 mg	1.74 mg
PREPARATION/ COOKING INSTRUCTIONS	Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.			

	¼ cup	½ cup	
	(61 g)	(122 g)	
Calories	18	36	
Protein	.81 g	1.62 g	
Carbohydrate	4.08 g	8.16 g	
Dietary Fiber	.9 g	1.8 g	
Sugars	2.59 g	5.18 g	
Total Fat	.11 g	.22 g	
Saturated Fat	0 g	0 g	
<i>Trans</i> Fat	0 g	0 g	
Cholesterol	0 mg	0 mg	
Iron	0.72 mg	1.24 mg	
Calcium	8 mg	16 mg	
Sodium	70 mg	140 mg	
Magnesium	0 mg	0 mg	
Potassium	0 mg	0 mg	
Vitamin A	265 IU	530 IU	
Vitamin A	13 RAE	27 RAE	
Vitamin C	4.3 mg	8.6 mg	
Vitamin E	.87 mg	1.74 mg	







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USES AND TIPS	• Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.
FOOD SAFETY INFORMATION	<ul> <li>Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> <li>Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li> </ul>
BEST IF USED BY GUIDANCE	<ul> <li>For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.